



AUTUMN PUMPKIN PASTA

ingredients:

- 1 pound whole-wheat pasta
- 1 Tablespoon olive oil, divided
- 2 shallots, chopped
- 4 cloves garlic, minced
- 1 15-ounce can pumpkin puree
- 1 cup low-sodium canned diced tomatoes
- 4 fresh basil leaves, chopped
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

directions:

1. Cook the pasta following the package directions but omitting any salt. Remove pasta from heat and drain.
2. Put pasta back in the pot and drizzle with 1/2 Tablespoon olive oil.
3. Add the other 1/2 Tablespoon olive oil to a sauté pan and bring to medium-high heat.
4. Add the shallots and sauté for about 5-10 minutes or until softened. Reduce heat to medium and add minced garlic. Sauté until garlic is slightly browned.
5. Add diced tomatoes and sauté for another 5 minutes.
6. Remove from heat and add mixture to blender. Add pumpkin, basil leaves, pepper and salt. Blend on high until sauce is smooth and creamy.
7. Return sauce to pan to heat through. Pour sauce over pasta and serve.

Yield: 6 servings

Nutrition Information Per Serving:

324 Calories
3.5 grams Fat
0.5 grams Saturated Fat
0 mg Cholesterol
213 mg Sodium
66 grams Carbohydrates
13 grams Fiber
13 grams Protein

Food exchanges:

3 1/2 starch, 3 vegetable,
1 fat



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